

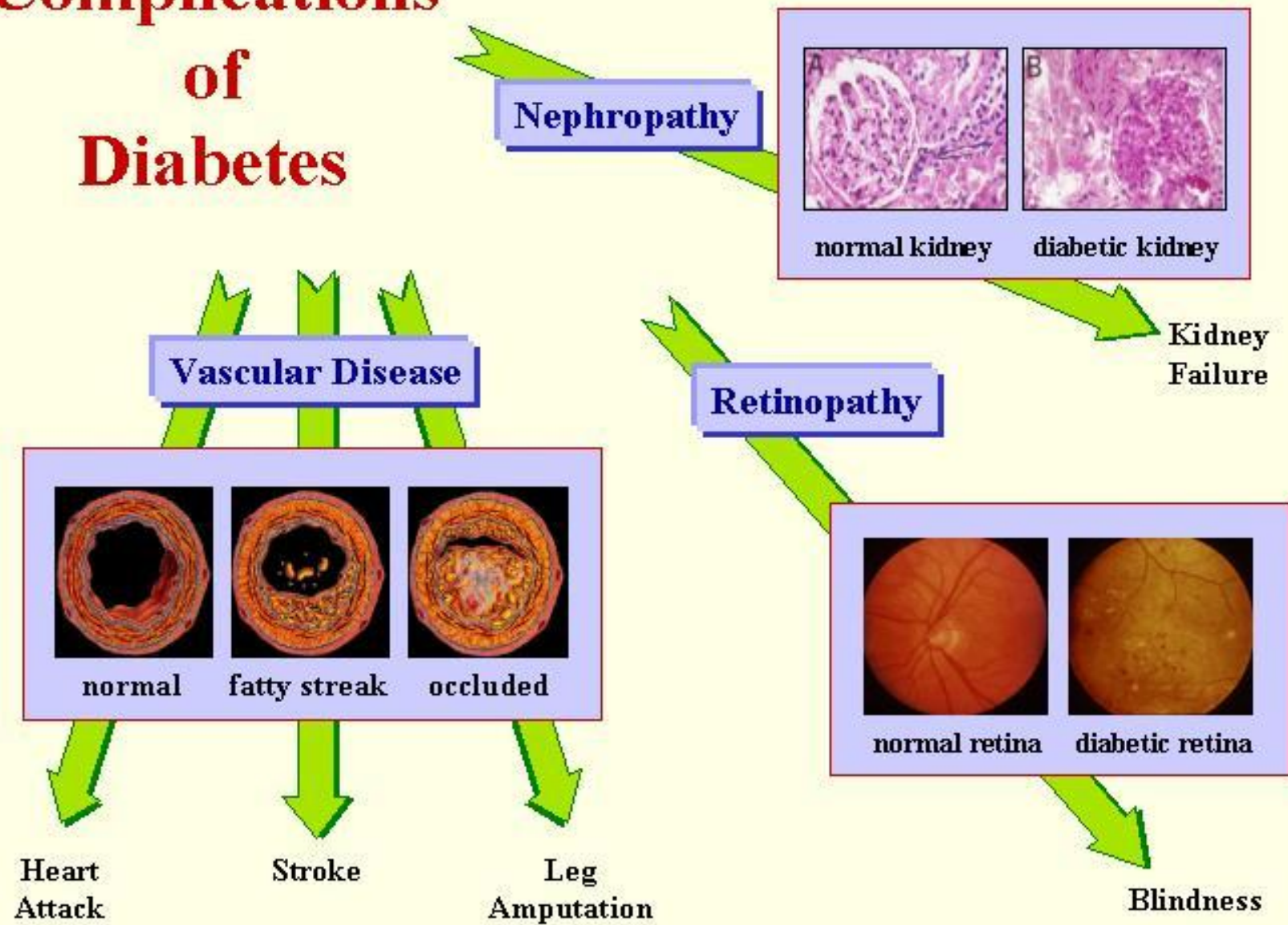
Stroke and Diabetes

A stroke is a silent complication of diabetes. Arteries to the brain become blocked or rupture resulting in the death of brain tissue.

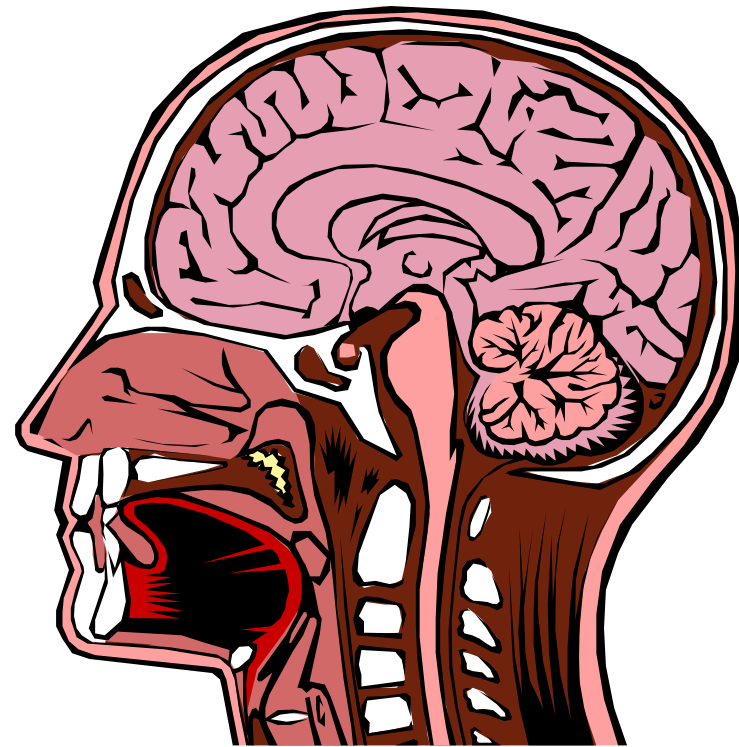
People with diabetes have a worse prognosis for recovery from a stroke



Complications of Diabetes



The Human Brain

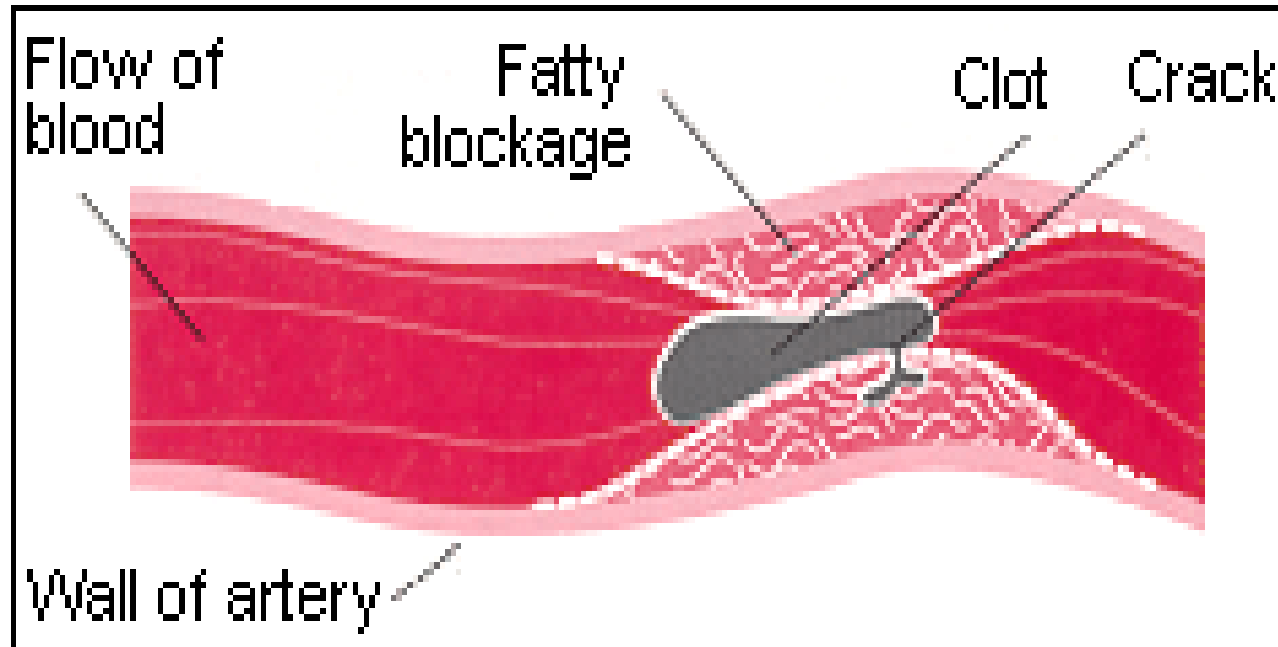


Types of Stroke

- **Transient ischaemic attack (TIA).** Temporary disturbance in brain function caused by temporary blockage of the brain's blood supply. TIA's usually last from a few minutes up to 1 to 2 hours
- **An ischaemic stroke** is the death of brain tissue (cerebral infarction) resulting from an inadequate supply of blood and oxygen to the brain
- **A haemorrhagic stroke** is damage to brain tissue resulting from bleeding inside the skull.

Stroke and Diabetes

- How it happens



Risk Factors for Stroke in Diabetes

- Inadequate control of blood glucose
- High blood pressure
- Microalbumin (protein being lost in urine)
- Raised cholesterol levels
- Smoking



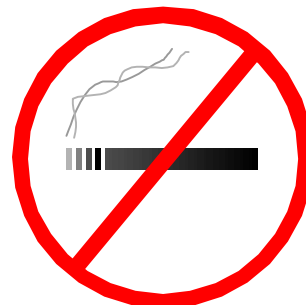
Symptoms of Stroke

- Sudden weakness or paralysis of an arm or leg or down one side of the body
- Sudden dimness or loss of vision in one eye
- Confusion and difficulty speaking
- Sudden severe headache with no apparent cause
- Loss of feeling or abnormal sensations in an arm or leg or down one side of the body



How Can We Avoid Strokes?

- Good control of blood pressure
130/80 or less
- Healthy eating and lifestyle
measures
- Good control of blood glucose
- Good control of cholesterol
- No smoking



Medical Interventions to Avoid Stroke

Drug therapy for all modifiable risk factors:

- Aspirin therapy
- ACE Inhibitor to decrease microalbumin
- Blood pressure lowering medication as required to reach target 130/80 or less
- Lipid (cholesterol) lowering medication
- Medication to improve blood glucose control

